



On Jan. 22, Miss. Keogh's grade 1 class at Morinville Public Elementary School held a bake sale to raise money for SCARS (Second Chance Animal Rescue). The students became interested in this project when a student brought his SCARS dog into class for show and share. Since then the project has taken off with a parent presentation, letter written by the students to ask for permission to hold the bake sale, intercom announcements, student made posters and much more. The students sold each item for 25 cents and the items ranged from cookies to tarts. They raised \$224.10 for SCARS and will be sending as soon as the cheque is cut. More photos in The Heartland eXtra www.cowleynewspapers.com



Pressed pennies from different places were brought by Evan Charrois from Legal.

## Cub Scouts share interesting collections

by Dolly Bolen

1st Morinville Cub Scouts worked on their Collector Badge on Jan. 15 at the Morinville Community Cultural Centre. A wide variety of collections were brought in to share with the group.

Collections shown included assorted erasers that come apart, Holiday Barbie dolls, Hello Kitty items, Hot Wheels, jewel cases, Lego mini figures, Mighty Beanz, Nintendo DS games, Pokémon cards, pressed pennies from around the world, Rainbow Loom jewellery, Skylanders figures, stuffed animals and Warrior Cats book series.

Jaden Saina from Cardiff said he has over 100 Pokémon cards in his collection. Jaden has even created some handmade Pokémon cards of his own design. He has been collecting the cards since he was six years old.

Pressed pennies from different places were brought by Evan Charrois from Legal. Evan showed a folder which he keeps his collection in and told stories about places he has been when he purchased some of the pennies.

Katie Blanchette-Witiuk from Sturgeon County said she has a huge collection of stuffed animals and they all have names. Katie has two favourite animals, a white teddy bear and a yellow lion.

Danielle Smith from Morinville brought in jewellery she made from her Rainbow Loom for her collection. Danielle often gives her friends jewellery as gifts at school, she makes so much.

Each Cub Scout had the chance to tell the story about how they started collecting and answer questions. 17 different collections were shown and five will be shown at a future meeting so all Cubs will be able to earn their Collector Badge part of the Tawny Star in the area of Creative Expression.



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Barb S.

### Alcohol & Pregnancy: Help Spread the Facts!

Many Albertans know someone who has a Fetal Alcohol Spectrum Disorder (FASD) and most are aware of this preventable birth defect. FASD is a lifelong disability resulting from prenatal exposure to alcohol that has no cure. People with an FASD can have a combination of unique physical, developmental, learning and behaviour problems and concerns.

Yet 9% of Alberta women reported drinking during their last pregnancy. Some may be surprised the percentage is markedly higher (41%) for women in the highest income group. Among Alberta women 18 to 44 years of age, 80% reported drinking within the past 12 months. Given that 50% of pregnancies are reported to be unplanned, a significant number of unborn babies are at a high risk of prenatal exposure to alcohol.

No wonder why women, their partners, family and friends are confused about alcohol use and pregnancy, there are myths and misinformation everywhere! From authors, health care providers to well intentioned friends, conflicting and inaccurate information is being spread to women.

What we do know is that no woman consumes alcohol wanting to cause harm to her baby. A woman may not know she is pregnant, may not be aware of the effects on fetal development. Life circumstances past and present, such as domestic violence, poverty, mental health problems and stress can result in alcohol use as a coping strategy. And all women, all ages and all socio-economic backgrounds may drink alcohol during pregnancy because it is their social norm and loved ones around them drink on a regular basis.

So what can we do? Help spread the facts by having non-judgemental prevention conversations with family, friends, colleagues and the community at large about alcohol use and pregnancy.

- Drinking can be harmful at any point during pregnancy and can result in lifelong disabilities.
- Alcohol and pregnancy don't mix. If you drink alcohol and are sexually active, make sure you use contraception.
- Friends, partners and family members can support a woman by asking how they can help her to make healthy choices for healthy babies.
- Some women need support, care and treatment to help them stop drinking during pregnancy.

For more information on the FASD Prevention Conversation or supports and services available for persons with a Fetal Alcohol Spectrum Disorder please visit: [www.edmontonfetatalcoholnetwork.org](http://www.edmontonfetatalcoholnetwork.org)

